WITH MARS IN THEIR EYES

A U.S. TYCOON WANTS TO SEND A HUSBAND-AND-WIFE TEAM ON A FLIGHT AROUND THE RED PLANET IN 2018 PAGE 6

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REGINA metro®

Thursday, February 28, 2013

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Anti-gay flyers violated hate law: Top court

Whatcott case. But man who distributed leaflets referring to gay men as pedophiles says ruling won't stop him

A Saskatchewan anti-gay crusader says he'll ignore a Supreme Court of Canada ruling that he violated human-rights rules when he distributed pamphlets denouncing homosexuals.

In a 6-0 decision Wednesday, the high court found two of the four flyers distributed by William Whatcott violated Saskatchewan's Human Rights Code.

Those flyers referred to gay men as sodomites and pedophiles.

But the court struck down some language in the provincial code, clearing Whatcott of any wrongdoing in connection with two other flyers.

Whatcott dismissed the ruling, insisting he won't stop distributing material expressing his religious views.

"I believe God has called me to speak on these moral issues," Whatcott told The Canadian Press.

"So looking at it from that perspective. I'll likely put out another flyer articulating the Judeo-Christian viewpoint on homosexuality in my usual blunt and forthright manner."

Whatcott produced and distributed leaflets in 2000 and 2001 that contained inflammatory statements about gay men, prompting complaints to the Saskatchewan Human Rights Commission.

A tribunal ruled that Whatcott violated the province's human-rights code — but that finding was overturned by the Saskatchewan Court of Appeal.

The commission appealed to the Supreme Court, arguing that Whatcott's flyers essentially asserted that gays and lesbians are less than human, exposing them to discrimination.

The high court agreed with respect to two of the flyers, saying they constituted hate-speech under the code.

"The tribunal's conclusions with respect to (the two flyers) were reasonable," Justice Marshall Rothstein wrote on behalf of the court. "Passages of (the flyers) combine many of the hallmarks of hatred identified in the case law."

The vilifying and derogatory representations used in the flyers created a "tone" of hatred against homosexuals, said Rothstein.

"It delegitimizes homosexuals by referring to them as filthy or dirty sex addicts and by comparing them to pedophiles, a traditionally reviled group in society," he wrote.

However, in its ruling on Wednesday, the Supreme Court struck down a portion of the Saskatchewan charter.

It found that language in the code that defines hate literature as something that "ridicules, belittles or otherwise affronts the dignity of any person" is unconstitutional.

THE CANADIAN PRESS

WE DAY WOWS

Students from across the province gathered at Credit Union Centre in Saskatoon on Wednesday for Saskatchewan's first We Day, an event dedicated to showing young people they can make a difference in the world. Roughly 15,000 young people and supporters got to see performances by Hedley, Karl Wolf, Shawn Desman and more, while hearing speeches from people like Martin Sheen and Mia Farrow. Story, page 3. MORGAN MODJESKI/METRO IN SASKATOON

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We Day rocks Saskatchewan

Inspiring change. Stars deliver strong message to province's youth

MORGAN MODJESKI
Metro in Saskatoon

Actors Mia Farrow and Martin Sheen chat while at We Day Saskatchewan during a red-carpet event for media. MORGAN MODJESKI/METRO IN SASKATOON

Saskatchewan's first We Day celebration was a success, with thousands of students and supporters crowding Saskatoon's Credit Union Centre to promote change.

This was the first year Free the Children brought the event to the province, and as for the celebrities involved, they said We Day was important for them and for the future.

Activist and actress Mia Farrow was one of the many speakers to take the stage at Credit Union Centre in front of roughly 15,000 young people and supporters in Saskatoon. She said she hopes the youth take the energy she saw at We Day Saskatchewan out into the world.

"Hang onto the feeling that brought you to this room," said Farrow.

"Don't let older people tell you you're too young. You can do a lot right now.... You're looking at a lot of apathy and you're going to feel hopeless and you're going to feel helpless. Discard those things, they are the enemies of all meaningful progress."

Alongside Farrow was Golden Globe Award-winning actor Martin Sheen, who is well-known for his environmental activism and said the event, which encourages young people to initiate positive social change around the world, is crucial.

Star power

"Hang onto the feeling that brought you to this room."

Actress and activist Mia Farrow, who joined actor Martin Sheen to kick off Saskatchewan's first We Day celebration.

"I'm always impressed with the opportunity that We Day presents to young people because it's really a celebration of challenging peer pressure," said Sheen.

"These kids have stood up, spoken out and stepped up to help heal the world in a lot of deeply personal ways and I'm just honoured to be a part of it."

Premier to tout clean-coal project in Washington

Premier Brad Wall says he's going to Washington next week to not only urge U.S. lawmakers to approve the Keystone XL pipeline, but also to highlight green initiatives taking place in his province.

"We need to tell that story," Wall said Wednesday after meeting in Edmonton with Alberta Premier Alison Redford.

He said Saskatchewan, like the U.S., is heavily reliant on coal-generated electricity, but his province has invested $1.4 billion in a clean-coal project near Estevan.

"That's about $1,400 per man, woman and child," said Wall. "I'm not sure of another jurisdiction in North America that can make that claim."

Both premiers discussed strategy in what has become a full court press to impress on lawmakers in the United States the importance of the Keystone and Canada's pledge to do what it can to combat climate change.

"It's important for us to be co-ordinated," said Redford.

"The first thing we want to do is speak to what Canada's record has been."

Wall's trip to the U.S. capital comes on the heels of Redford's trip to Washington last weekend.

Redford met with 19 state governors to sell the message that the TransCanada Keystone line is good for both economies and will deliver a larger supply of reliable oil south of the border.

Redford has also emphasized that Alberta is doing its part to reduce the climate-changing greenhouse gases that result from carbon-intensive projects like the oilsands.

She has stressed that Alberta is the only North American jurisdiction to tax heavy emitters. Alberta is also investing millions of dollars in clean-energy projects and beefing up environmental monitoring of the oilsands.

Critics, however, have said the pace of development is outstripping these measures. THE CANADIAN PRESS

PR campaign

Both Wall and Redford have been making their case.

- **Column.** Redford had a guest column Tuesday in the USA Today newspaper.
- **Letter.** Last month, Wall and 10 U.S. state governors wrote a letter to U.S. President Barack Obama urging that he "swiftly" approve the pipeline.

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Blade Runner mystery. Were pig parts the key to the power of Pistorius?

The substance found in the Blade Runner's bedroom after the shooting death of his girlfriend has been named.

Oscar Pistorius' representatives say it was Testis compositum — a herbal remedy for "muscle recovery."

A product called Testis compositum is also marketed as a sexual enhancer, good for lack of stamina.

Some online retailers advertise oral and injectable forms as testosterone boosters and say it can aid sexual performance.

Tablets sold in the U.S. are said to contain 23 ingredients, including pig testicles, pig heart, pig embryo and pig adrenal gland, cortisone, ginseng and other botanicals.

Paralympic star Pistorius was charged with premeditated murder in the Feb. 14 shooting death of girlfriend Reeva Steenkamp.

He says he shot her by accident.

The World Anti-Doping Agency said its science department had already been made aware of the substance and that it wasn't banned.

"It would appear to be a homeopathic treatment, and these treatments are not prohibited by the list," the anti-doping agency said in a statement.

THE ASSOCIATED PRESS

Special on Pistorius

Networks link up for documentary

The desire to produce a quick documentary on Oscar Pistorius has led to a partnership between two TV networks. The Investigation Discovery Network on Sunday will premiere Beauty and the Blade Runner, about the South African athlete and the shooting death of girlfriend Reeva Steenkamp.

ID is making the special with NBC News and that company's Peacock Productions. THE ASSOCIATED PRESS

Horror on New Zealand beach. Police fire at giant shark, but swimmer dies

New Zealand police fired gunshots at a monster shark on Wednesday in a desperate attempt to save a swimmer.

The four-metre shark "rolled over and disappeared," said police Insp. Shawn Rutene. But the victim, award-winning television and short-film director Adam Strange, 46, didn't survive.

Pio Mose, who was fishing at the popular Muriwai Beach near Auckland, said he saw the swimmer struggle against the huge shark.

He yelled at the man to swim to the rocks, but it was too late.

"All of a sudden there was blood everywhere," Mose said. "I was shaking, scared, panicked."

Rutene said police went out in inflatable lifesaving boats and shot at the shark.

Government shark expert Clinton Duffy said New Zealand is a hotspot for great white sharks.

But other potentially lethal species also inhabit the waters, he said.

THE ASSOCIATED PRESS

Amid a frenzy of spray, police in an inflatable life-raft fire shots at a shark as it attacks a swimmer near Auckland, New Zealand. Police said the victim was found dead in the water. ROSS LAND/THE ASSOCIATED PRESS

A father weeps for a little gun victim

Neil Heslin, the father of a six-year-old boy who was slain in the Sandy Hook massacre in Newtown, Conn., on Dec. 14, holds a picture of himself and his son Jesse and wipes his eye. He was testifying Wednesday on Capitol Hill in Washington before a gun-control hearing of the Senate Judiciary Committee. SUSAN WALSH/THE ASSOCIATED PRESS

Pistol rampage jolts Switzerland

U.S.-style shock. Longtime employee dies after killing two with gun at company in a small town

Fears about U.S.-style mass gun killings gripped Switzerland on Wednesday after a longtime employee opened fire at a wood-processing company.

The shooting left three people dead, including the assailant, in the country's second multiple-fatality shooting in two months.

And it happened as the Swiss parliament prepares to consider tightening some aspects of the country's famously lax gun legislation.

The country has a long-standing tradition for men to keep their military rifles after completing compulsory military service.

This partly accounts for the high rate of gun ownership in the country, where some 2.3 million firearms are owned by a population of about eight million.

A referendum to tighten the laws was defeated at the ballot box in 2011.

On Wednesday, the 42-year-old Swiss man arrived at the premises of the company Kronospan, in the small town of Menznau. He drew a pistol and started firing, police said.

Seven people were wounded, six of them seriously.

Officials didn't immediately have further details on the weapon or how the assailant acquired it. They also did not know how the assailant was killed.

"A lot of things are unclear at this stage," said Ida Glanzmann-Hunkeler, a Christian Democrat lawmaker who lives near the scene of the shooting.

Glanzmann-Hunkeler said a proposal will be put before parliament in the coming weeks that would require greater exchange of information between the gun registries kept by Switzerland's 26 cantons.

Authorities would also record whether a person is considered mentally fit to own a gun, and increase officials' powers to confiscate weapons if they aren't.

THE ASSOCIATED PRESS

Gun-control backer has NRA in her sights

An outspoken gun-control supporter is poised to take a seat in the U.S. Congress.

And her win in an Illinois primary is seen as a victory for the organization founded by New York City's billionaire mayor to counter the country's powerful pro-gun lobby.

Democratic nominee Robin Kelly directly challenged the National Rifle Association in her victory speech Tuesday night.

Her Chicago-area district is overwhelmingly Democratic, and she is expected to sail through the April 9 general election and head to Washington.

The gun issue has returned to the national spotlight after 20 young children and six adults were killed in a school shooting in December by a man using his mother's legally purchased high-powered rifle.

Vice-President Joe Biden, who has led White House efforts on gun safety, said Wednesday that voters in Kelly's win "sent a clear, unequivocal signal" to the NRA and politicians nationwide.

"The message is there will be a moral price as well as a political price for inaction."

Kelly gained huge momentum as New York City Mayor Michael Bloomberg's political action committee poured $2 million into anti-gun television ads in her favour.

Biden met with Bloomberg later Wednesday at the White House. After the meeting, Bloomberg said Kelly's win is a sign of things to come.

"We were on the right side of the issue, and our message resonated," Kelly said shortly after her win.

THE ASSOCIATED PRESS

Robin Kelly wants to fight until gun violence is "no longer a nightly feature on the evening news." THE ASSOCIATED PRESS

Corruption case. Former spy-agency watchdog wanted in fraud probe

The man once entrusted to keep an eye on Canada's spy agency is now wanted by police and extradition procedures are underway in the hope of bringing him back to face criminal charges in this country.

An arrest warrant is out for Arthur Porter, the former head of the CSIS watchdog agency, for alleged fraud in one of the country's most expensive infrastructure projects.

He is among the five people named in arrest warrants issued Wednesday by Quebec's anti-corruption squad, in the case of the $1.3-billion construction of a Montreal mega-hospital.

The others are: Former SNC Lavalin senior executives Pierre Duhaime and Riadh Ben Aissa, Yanai Elbaz, and Jeremy Morris, the administrator of a Bahamas-based investment company.

THE CANADIAN PRESS

Order of Canada

High honour taken from theatre mogul

Disgraced theatre impresario Garth Drabinsky has been stripped of his Order of Canada appointment and is going to court to fight the decision he says is unfair, considering his imprisonment.

Drabinsky was released to a Toronto halfway house earlier this month.

THE CANADIAN PRESS

Recruitment centre

Arrest made in connection to Quebec bombing

A man has been arrested in connection with the bombing of a Canadian Forces recruitment centre in Quebec in 2010, the RCMP said Wednesday. RCMP Cpl. Luc Thibault said four locations that were searched were linked to the Trois-Rivières bombing, which resulted in material damage but no injuries. THE CANADIAN PRESS

Driver sentenced to three years after fatal crash

Alberta. Judge says he went through difficult process to decide penalty after deaths of 4 teens

Brenden Holubowich walks with supporters as he makes his way to the courthouse for sentencing in the deaths of four high school football players in Grande Prairie, Alta. JASON FRANSON/THE CANADIAN PRESS

A man convicted after a crash that killed four high school football players from northern Alberta has been sentenced to three years in prison.

Brenden Holubowich will also be forbidden to drive for three years once he is released. Holubowich, 23, pleaded guilty to dangerous driving causing death and dangerous driving causing bodily harm.

Court of Queen's Bench Justice William Tilleman said determining a sentence for Holubowich may have been the most difficult thing he has ever done. Tilleman's eyes filled with tears as he told court he sympathized with the dead teens' relatives, who had suggested that a three-year sentence would not be enough. He also said he felt for Holubowich's family.

Tilleman said he struggled with his decision and at one point considered a longer period behind bars.

But in the end, the judge said, the sentence jointly submitted by the Crown and defence was just and in keeping with similar cases.

Holubowich had been facing 16 charges, including impaired driving causing death and failing to remain at the scene of an accident.

His pickup truck collided with a car carrying five members of the Warriors football team from Grande Prairie Composite High School in October 2011. Walter Borden-Wilkins and Tanner Hildebrand, both 15, and Matthew Deller and Vince Stover, both 16, were killed. Zach Judd, now 17, was pulled from the wreckage and spent several weeks in a coma.

Holubowich's mother, Teresa Bateman, read a statement outside court after the sentencing.

"We cannot imagine the loss or the grief that you've experienced and no matter how much we might pray, hope or wish that it isn't so, this tragedy can never be reversed and for this we are sorry," she said, her voice breaking.

THE CANADIAN PRESS

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Labour shortage

Province to recruit more Irish workers

The land of living skies is turning to the Emerald Isle for help with a labour shortage. A delegation of Saskatchewan employers and officials with the Ministry of Economy is heading back to Ireland to recruit more high-skilled workers.

Employers hope to recruit at least 80 workers this year, including heavy-duty mechanics, welders and engineers. The province says more than 290 Irish families moved here after a recruitment trip last year. THE CANADIAN PRESS

Market Minute

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Dow Jones: 14,075.37 (+175.24)

‘Breathable’ nail polish finds an unexpected niche

Surprise solution.
Product developed as healthier alternative to traditional enamel is a hit with Muslim women

A manicure in progress at an Inglot shop in Warsaw, Poland. Since an Islamic scholar wrote that, in his view, Inglot’s O2M nail polish complied with Muslim law, the product has become very popular with Muslim women.
CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

For Zaida Saleh, like for many observant Muslim women, manicures have long posed a religious problem.

With prayers five times a day, and a pre-prayer ritual that requires washing the hands and arms, traditional fingernail polish has been mostly off limits because it prevents water from making contact with the nails. A new “breathable” nail polish by a Polish company, Inglot, is changing that.

The company and some Muslims say the polish is the first of its kind because it lets air and moisture pass through to the nail. A craze has built up around it with Muslim women in recent months after an Islamic scholar in the United States tested its permeability and published an article saying that, in his view, it complies with Muslim law.

“It’s huge,” said Saleh, a 35-year-old who hadn’t polished her nails in many years but immediately went out and bought the product in five colours, including a bright pink, a burgundy and a mauve. “I am excited. I feel more feminine — and I just love it.”

The news of Inglot’s breathable polish has spread quickly from woman to woman and over the Internet.

The nail polish now stands as one of the final life achievements of Wojciech Inglot, a Polish chemist and entrepreneur who developed it to create what he billed as a healthier alternative to traditional nail enamels, which block the passage of moisture and oxygen to the nail. He died suddenly on Saturday at the age of 57 after suffering internal hemorrhaging.

Though the Muslim holy book, the Qur’an, does not specifically address the issue of nail polish, some Islamic scholars have said that water must touch the surface of the nail for the washing ritual to be done correctly. THE ASSOCIATED PRESS

Go ahead — dunk your phone

If you’ve ever seen how unhappy a cellphone can be when it gets soaked, then you might be concerned about the imminent fate of the device pictured above. But this lucky phone is covered with a nano-coating intended to protect consumer electronics from water damage. P2i, which makes the coating, was demonstrating the product Wednesday at the Mobile World Congress trade show in Barcelona.
MANU FERNANDEZ/THE ASSOCIATED PRESS

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Till space us do part: Tycoon to send married couple to Mars

It is a road trip that could test the best of marriages: Mars.

A tycoon announced plans Wednesday to send a middle-aged couple on a privately built spaceship to slingshot around the Red Planet and come back home, hopefully with their bodies and marriage in one piece after 501 days of no-escape togetherness in a cramped capsule.

Under the audacious but bare-bones plan, the spacecraft would blast off less than five years from now and pass within 160 kilometres of the Martian surface. The cost was not disclosed, but outsiders put it at more than $1 billion.

The team of space veterans behind the project hasn’t quite figured out the technical details of the rocket they will use or the capsule the husband-and-wife astronauts will live in during the 16-month voyage. But they know it will be an adventure not for the weak of body or heart.

“This is not going to be an easy mission,” chief technical officer and potential crew member Taber MacCallum said. “We called it the Lewis and Clark trip to Mars.”

The trying circumstances include: No showers, limits on toilet paper and clothing, drinking water made from the crew members’ recycled urine and sweat, and almost no privacy. But the flight also comes with never-before-seen views of Mars. And there’s ample time for zero-gravity sex in space, something NASA doesn’t like to talk about.

The private, non-profit project, called Inspiration Mars, will get initial money from NASA engineer-turned-multi-millionaire investment consultant Dennis Tito, the first space tourist. THE ASSOCIATED PRESS

A rendering of a spacecraft that non-profit group Inspiration Mars wants to send on a mission around the Red Planet and back — with a married couple aboard.
INSPIRATION MARS/THE ASSOCIATED PRESS

Symbolic choice

- As for why a couple will make the flight, “this is very symbolic and we really need it to represent humanity with a man and a woman,” said chief technical officer and potential crew member Taber MacCallum.
- He said if it is a man and a woman on such a long, close-quarters voyage, it makes sense for them to be married so that they can give each other the emotional support they will probably need when they look out the window and see Earth get smaller and more distant. “If that’s not scary, I don’t know what is.”

A GATHERING OF EH?-LIST ACTORS

HE SAYS...
John Mazerolle
metronews.ca

This is the biggest week in the entertainment industry, what with the awards and the stars and the fashions and the national pride: Of course, I'm talking about the first-ever Canadian Screen Awards. What else could I mean?

Oh, right, that Oscars thing.

Hey, the Academy Awards are fine. It's one of the best opportunities to taunt people who are richer, handsomer and more talented than us, and then tsk-tsk their behaviour if they respond with anything but a sexy smile. Such fun.

But shouldn't we get behind Canada's own movies and TV shows just as much as we get behind Hollywood's? This year the Canadian Screen Awards bring the Geminis and Genies together, offering up the coveted Geminenie.

Dull inauguration

I know, I know. You assume that because it's Canadian it must be staid and boring.

I know, I know. You assume that because it's Canadian it must be staid and boring. But I've seen an advanced screening of the awards and I can assure you that, while distinctly Canadian, it also has many familiar echoes to this year's Oscars:

Red carpet. I don't want to give away too much about the glitz and glamour, but David Cronenberg had everybody talking with a sheer blue outfit that left NOTHING to the imagination.

Comedy. The show's host, Martin Short, followed the edgy comedy of recent controversial hosts like Ricky Gervais and Seth MacFarlane, getting in sharp jabs about how he "doesn't care" for the new $20 bill — a sensitive topic (the bill has the Queen on it) that had the audience gasping. After several people called out "too soon!" Short apologized but kept them smiling with a few digs at the Upper Canada rebellion of 1837, something everybody can appreciate.

Lifetime achievement. On the TV side of things, there was a long-standing ovation for Zeddy the Zellers bear, recently retired after 25 years of television commercial performances that the Globe and Mail has called "stunning in their intertwined intimacy and ferocity." Kudos, Zeddy.

Big winners. I'm sworn to secrecy, but these were the nominees for Canadian film of the year:

- **Argo.** The story of a Toronto football team that wins the Canadian Football League trophy entirely because of American bravery and ingenuity.
- **Beasts of the Northern Mild.** A young girl must use all her optimism and imagination when nature flies out of whack and hits Toronto with seven centimetres of snow. With the city in chaos and her dad wailing in annoyance, she heads out in search of her mother, who is at a mysterious and distant shopping mall.
- **Clark.** Daniel Day-Lewis stars as the 16th prime minister of Canada in a country torn asunder by both access-to-information legislation AND a gas tax. Will it survive? Day-Lewis has earned plaudits for his ability to capture Joe Clark's complete lack of charisma.
- **L'eh Misérables.** In this much-loved musical set against the backdrop of the 1995 referendum, French students from Quebec sing about their doomed fight against the federal government in such well-known numbers as On Our Own, One Vote More and Do You Hear the People Secede? Just like secession talk, it's loud, repetitive and goes on far too long.
- **Zero Dark Thirty in Newfoundland.** The thrilling story of a Canadian secret-ops team that kills its targets a half-hour earlier than other countries.

If you want to know who wins, you'll have to watch this Sunday.

Anything can happen, eh?

Exclusively online

- Read more of John Mazerolle at metronews.ca/voices

She's having a whale of a time

RICCARDO TINELLI

Marine photography

Sea dancing with friendly whales

The thought of swimming next to a 35-tonne humpback whale and its calf in the open ocean would fill anyone with dread, but for French navigator Maud Fontenoy, her mind was at ease.

This amazing image shows the 35-year-old marine activist and mother of one snorkelling beside the whales just off the island of Moorea in French Polynesia. METRO

Q and A

MAUD FONTENOY
French sailor and ocean conservation activist

Humpbacks are harmless

Fontenoy — the first woman to have crossed, by rowing, the North Atlantic Ocean and Pacific Ocean, and now a marine conservation activist for UNESCO — spoke to Metro about her swim.

Amazing photo of you with the whales. Were you not frightened of them?
I was afraid at first, but at the same time I knew straight away that these whales mean no harm and that I was in no danger.

I had to abandon my diving equipment on account of the bubbles produced by the breathing device. The whales are noise-sensitive and the bubbles would have disturbed them. Instead, I used a snorkelling mask and flippers.

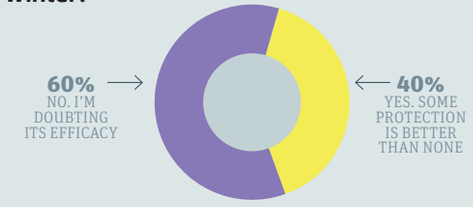
How did this aid your efforts in marine conservation?
Each time we can show the beauty of nature, it's a way to make people aware of the similarity between humans and the ocean.

What everyday task can I do to help conserve our oceans?
You can choose to eat fish that aren't endangered. Also, you can help conserve water by using green detergents for your washing machines and avoiding overpackaged plastic items. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you be getting the flu shot next winter?



Twitter

@ambergoodwyn:
Who are these people in Regina who destroy heritage buildings on the regular?? I haven't met them yet, but they clearly exist. #YQR

@edgytimes:
If it's not shiny and new we don't want it in #yqr. History and heritage thrown under the bus once again by our city politcians #connaught

@_CURich:
What is behind the obession with fixing every old building in #yqr instead of building new... progress is not a bad thing folks.

@eh41:
Sea of green at #WeDay #WeDaySaskatoon #WeDaySK These young people are likely having the best field trip ever! So glad to be here!

@sallyjaybee:
I will go help those guys dig if it means the #SwissChalet will get built faster. #yqr

metro

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SCENE 2

Between Hurricanes born of life transformation

Stephen Fearing.
Artist releases first solo album in seven years

BACKSTAGE PASS
JEFF MACKEY
jeff.mackey@metronews.ca

If you were a successful solo artist who started a successful band — and both acts had been touring and collecting awards for decades, which would you consider the side project and which would be the main event?

Stephen Fearing is one of the founding members of Juno-award-winning Blackie and the Rodeo Kings, who have been together now for over 18 years.

But Fearing is also a Juno-winning solo act who has been putting out albums since the late '80s.

"I started this whole thing as a solo singer song-writer," said Fearing. "That sort of format or forum is probably the closest to my heart."

"But I quickly realized, around when Blackie and the Rodeo Kings started, that the art of collaboration is a lot more exciting than an entire career on your own and the rewards are huge in terms of growing as a guitar player as a song-writer, a singer," he continued.

"Whatever I am doing at the time is the project," said Fearing. "The others are side projects until I switch. I know it sounds kind of schizophrenic."

His new album Between Hurricanes will be his first solo album in seven years. His last such album, Yellow Jacket, won the Juno for roots and traditional album of the year.

In the years since Yellow Jacket, Fearing has gone through a lot of life changes.

"I moved to the east coast six years ago, remarried, became a father, left my record label and ended my long, long term relationship, but not my friendship, with my manager," said Fearing.

The name Between Hurricanes has a literal meaning for Fearing since moving to the East Coast, but there is also symbolic depth to the title.

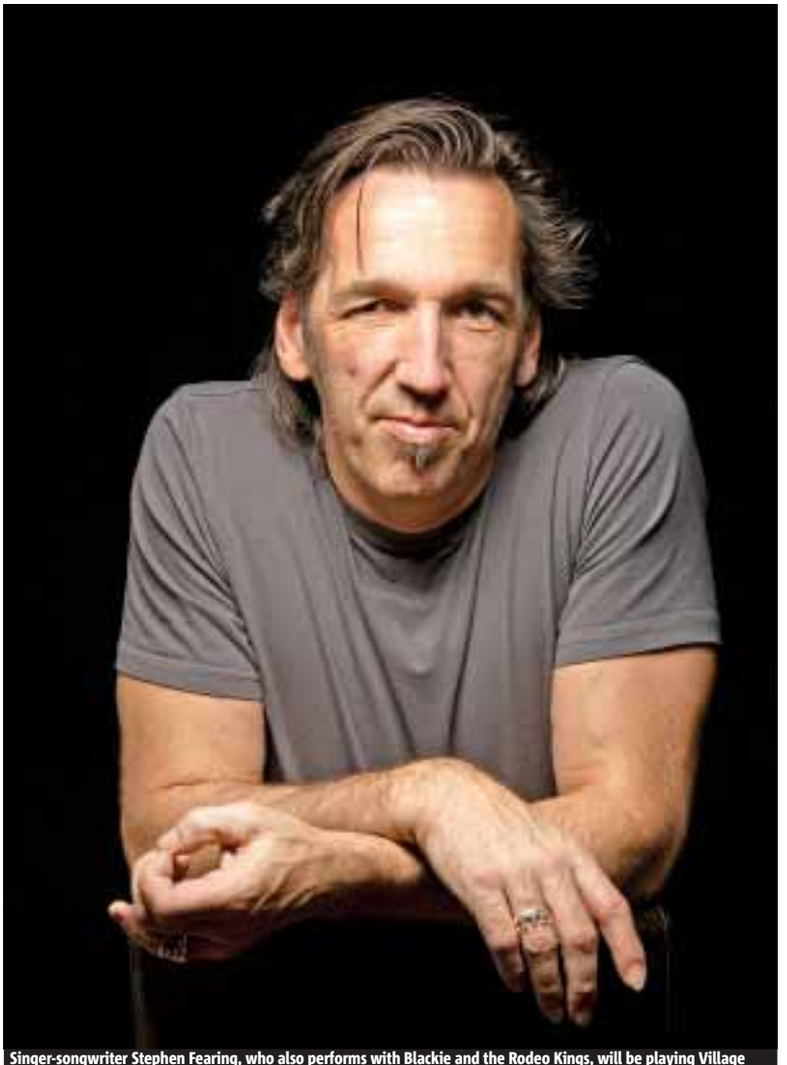
"The hurricane of Blackie and the Rodeo Kings, which is quite a force to be reckoned with when you're in the eye of it, and the hurricane of divorce and remarriage," said Fearing. "It is kind of an album about sitting still for 20 minutes and looking around me and going, 'OK, this is what has happened, this is what is going to happen and I better write it down.'"

Listening to the album, you can tell that Fearing is enjoying revisiting his folk roots. The songs are personal and often quite simple — and that simplicity is being carried over to his upcoming tour.

"Getting into a rental car with a guitar, a suitcase and box of records — you really can't beat it," said Fearing. "It just seems so easy after the logistics of tour buses and all that stuff, this just strips it down, which is the point of this record."

Fearing says whether it's his solo work, Blackie and the Rodeo Kings or his other, other side project Fearing and White, he won't be slowing down anytime soon.

"It is kind of like a shark — you must keep moving in this business, it is all about what you did last week, which is a challenge but in a very positive way," said Fearing. "I decided a long, long time ago that I was going to do this until they hauled me away with a cane."



Singer-songwriter Stephen Fearing, who also performs with Blackie and the Rodeo Kings, will be playing Village Guitar & Amp in Saskatoon on March 2. He will then make his way down to Regina on March 3 to play the Artful Dodger. SUPPLIED/KEVIN KELLY

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Are Hemsworth and Cyrus done? Is Jones to blame?

THE WORD
Dorothy Robinson
scene@metronews.ca

Hemsworth. If you're going to cheat on fiancée Miley Cyrus, don't do it at the Chateau Marmont. The Los Angeles hotel swarms daily with paparazzi and gossips; it's akin to taking out a billboard on I-95.
Here's the dirt: Hemsworth (a.k.a. Mr. Miley To-Be) was seen getting "hot and heavy" with January Jones at a pre-Oscar party over the weekend, per Star magazine. "It looked like they had some hot chemistry," an eyewitness told the rag. "They were all over each other — and they even kissed!" For her part, Cyrus showed up at the Elton John AIDS Foundation's viewing party sans date on Sunday and "was all over the place" (code for wasted). So what does this mean? I'm not sure. All I know is that Hemsworth is 23, while Cyrus is 20. Sounds like appropriate behaviour for people barely out of their teens.

Is Jennifer Lawrence complaining?

There's no rest in sight for Oscar winner Jennifer Lawrence, who got right back in Hunger Games mode the day after nabbing a best actress statue. After filming the next film in the successful franchise, she's set to re-team with Silver Linings Playbook co-star Bradley Cooper and director David O. Russell in an FBI drama before putting on blue body paint for the next X-Men movie, which begins shooting in May.

But all Lawrence wants to do is chill out. "I want to sit on my couch and drink and not change my pants for days," she tells E! News.

Jennifer Lawrence

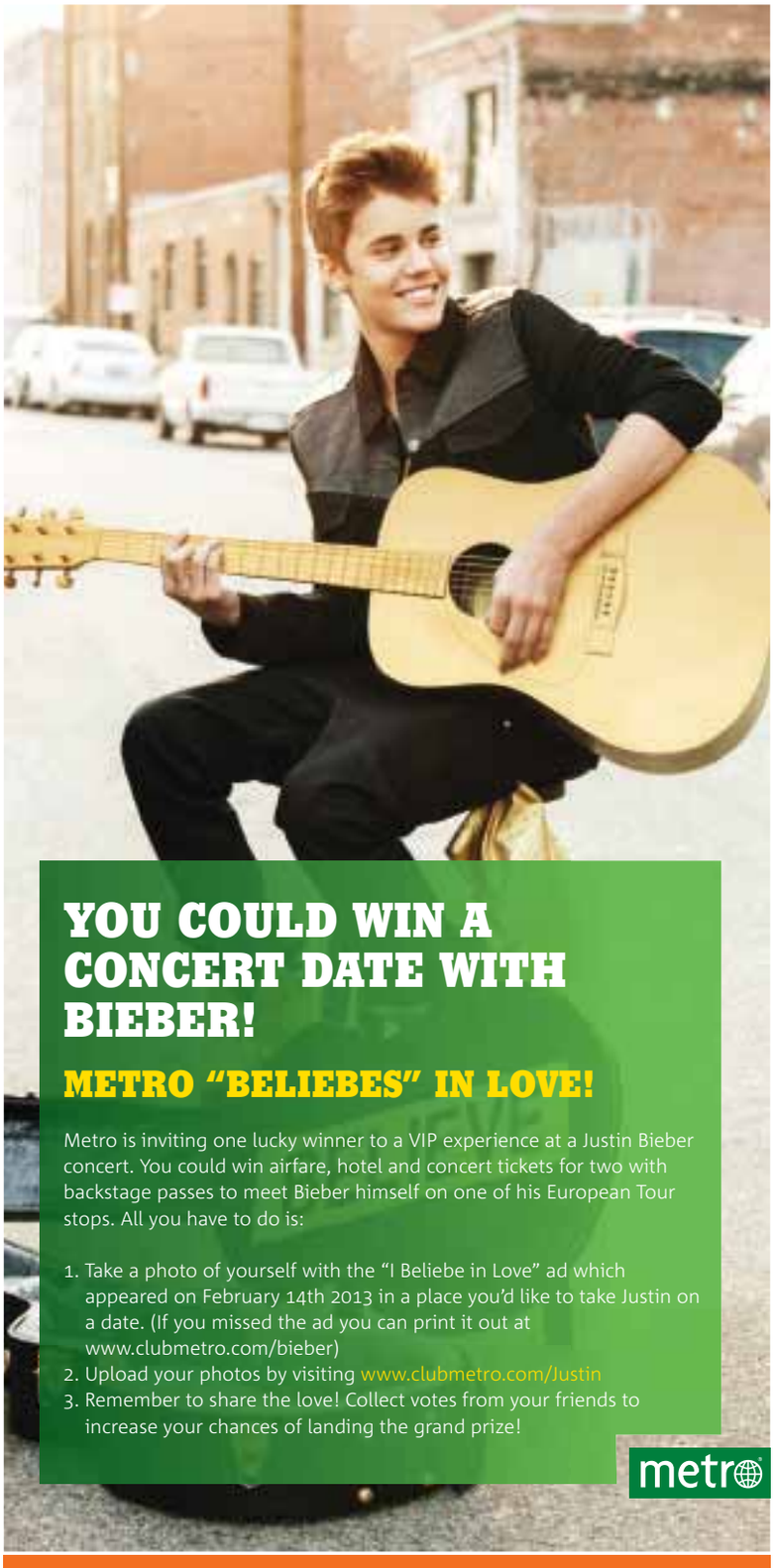
Another one bites the dust

Rachel McAdams and Michael Sheen have reportedly called it quits after more than two years of dating, according to Us Weekly. McAdams and Sheen first met while filming Woody Allen's Midnight in Paris together, though they didn't begin dating until later. "Michael and I didn't get together while we were filming Midnight in Paris, which I feel strongly about not doing when I'm working," McAdams told Stella magazine last year. "We became quite good friends, which I think is a great way to start." There was no word as to what led to their breakup. McAdams previously dated Ryan Gosling for two years after co-starring with him in The Notebook.

Carrie Fisher

Carrie Fisher lands in hospital after cruise ship mishap

Star Wars star Carrie Fisher was reportedly hospitalized following a bizarre surprise appearance on a cruise ship, according to TMZ. "There was a medical incident related to Carrie Fisher's bipolar disorder," her rep says. "She went to hospital briefly to adjust her medication and is feeling much better now." Attendees at the show report that Fisher was meandering about on stage, rambling incoherently and singing off-key while her dog relieved itself next to her.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Metro is inviting one lucky winner to a VIP experience at a Justin Bieber concert. You could win airfare, hotel and concert tickets for two with backstage passes to meet Bieber himself on one of his European Tour stops. All you have to do is:
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2. Upload your photos by visiting www.clubmetro.com/Justin
3. Remember to share the love! Collect votes from your friends to increase your chances of landing the grand prize!
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Vote for your favourite Belieber today and help send them on a concert date with Justin Bieber!

No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Beiber (approximate retail value of $5,000 USD). Skill testing question required. Contest closes February 28, 2013 at 12,00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).

While the start of the new season is still several weeks away, there's no reason you can't leap ahead on the calendar — at least fashionably speaking — by adding a touch of spring style to your winter wear. LouLou style editor Claude Laframboise says spring pieces are great for layering during winter, like wearing sleeveless or short-sleeved tops under jackets or cardigans. Here are five ways to dial up the warmth in your cold-weather looks.

THE CANADIAN PRESS

Spring into winter

Pretty prints

It wouldn't be spring without a little flower power, and fashionable florals will once again be in full bloom — with a stylized update, of course. "What's newer is the bigger-scale floral print as opposed to the small dainty one," said Laframboise.

Many prints are also drawing inspiration from digital imagery, making them appear pixelated, reminiscent of an abstract print, he noted.

Torn between sporting stripes or polka dots? No need to choose when you can wear different patterns together.

Laframboise said the mixing of prints was an evolution of colour blocking, which involves teaming distinctive bright hues within one ensemble.

Individuals can get a jump start on spring now by trying their hand at combining seemingly contrasting prints — keeping in mind that complementary colours are key.

Black and white

The classic colour pairing made a splash on the spring runways and may be among the easiest trends to work into your wardrobe.

"It's not about wearing a white shirt and black pants," said Laframboise. "It's really about wearing a striped top with solid pants, or a crisp white shirt, but with a patterned skirt that would be black and white."

Laframboise said the pairing also acts as a good base for bright hues, like teaming a black-and-white striped top with another on-trend item like electric blue or hot pink jeans.

Expect to see many of the season's key prints like stripes, polka dots and floral prints steeped in black and white, he said.

Laframboise suggested opting for a heavier-weight striped jersey dress now, or perhaps sporting a silky, polka-dotted top under a jacket and wear it standalone in spring.

Bright and light

Vibrant hues that coloured last year's spring fashions continue to be a strong theme heading into the warmer months. But no need to feel stuck on selecting one "it" colour. There's a full spectrum of bold shades to choose from.

"Some colours stick out," said Laframboise. There's a lot of hot pink, hot orange, turquoise and electric blue.

"But it's not one of those seasons where there's one colour you must get. It's all about colour as a whole."

An easy way to adopt the trend without sacrificing comfort is to consider opting for a brightly-coloured pair of jeans, said Laframboise.

Neon not your flavour? Laframboise said pastel hues — a tried and true springtime staple — are still in vogue, notably softer shades like pale blues and yellows.

Finishing touches

From a coral clutch to a checkered handbag, some of the hot colour and pattern trends in apparel are translating to accessories.

Mixed metal statement jewelry is emerging for spring, with everything from rhinestones to neon colours in the mix, said Laframboise.

Consider pairing your statement necklace with a T-shirt and jeans, or even overtop a collared shirt that has been fully buttoned up, he suggested.

"It's gone from being something dressy that you have at night to the other way around."

A model wears a bird print top ($36), skinny leg denim ($46), bracelets ($10) and a wedge sandal ($40) from Reitmans.
THE CANADIAN PRESS

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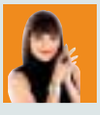


JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE.

@Jeanne_Beker: Getting a special achievement award at Cdn Screen Awards. If YOU had to thank someone for what you've achieved who would it be? Why?

@MamaGose: you have great style girl love you

@cedricgigoux: a lot of people, and you being one of them. I have been following you since my childhood on Fashion Television. Love you.

@HumberAlumni: Congrats on the Academy Achievement Award (for exceptional contributions to Canadian TV) #FashionTelevision

@hrhnikkiawesome: congrats darling! And I'd thank YOU for being such an awesome influence

The Kit

Canadian street style

Spotted in: Vancouver

Kiks Chua, Graphic Designer

Age: 25

What she's wearing
J. Crew coat, self-made scarf, Everlane tank, Mango skirt, American Apparel tights, Dr. Martens boots

Her inspiration
"I'm a summer dresser so I wear summer pieces all year round under my coats with slight variation. It works!"

THE KIT PHOTOBLOGGER: M'C KENNETH LICON, LITTLEFASHIONISTO.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND THAT INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

Flip your condo with style

Staging. Putting your home on the market? Get your condo ready for resale with some designer touches

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

We all know the rules when prepping your home for resale: de-clutter, remove personal items and clean. However there are more things you can do to make your home the talk of your building.

Now, you can always hire a home stager (usually recommended from the selling agent) to help, but as your trusted decorator expert, I'll share my own tricks of the trade to get your place appealing to a new buyer.

Buy accessories that compliment the space you are selling, and not what you think is trendy at the moment.

Putting your decor trademark on a space is not going to make buyers see the potential of owning it themselves.

For instance, if you live in a modern condo with concrete ceilings and floor-to-ceiling windows, choose a few strong industrial accents to play up those features: tall clear glass vases, a factory cart coffee table and vintage metal cappuccino maker will help give off that urban vice.

As harsh as this may be, paint away your personality with an updated neutral wall colour. Choose a colour that works with your floor and not necessarily your existing furniture in case you've already moved out and a potential buyer only has the walls and floors to see.

The right colour will ensure that without furnishings the space still looks co-ordinated and tied together. Trick: choose a paint colour that is two shades lighter than the colouring in the floors.

This will make the entire space visually flow, feel bigger and more tied together. Always sway toward cooler tones over warmer ones. Cool tones reflect more light and are less claustrophobic.

In an empty, open-concept space, use area carpets to define living areas. This way potential buyers can imagine a living, dining and office working for them in such an open area.

Choose your view to help with the sell. Install woven scrim shades to hide a bad view yet let light into the room. If you have a great city view then keep the shades up to show it off. Any window in a bathroom or bedroom should offer a privacy shade.

Lower your artwork. Buyers want spaces with high ceilings so by lowering your artwork the ceilings look taller. Simply lower everything two inches — ideally, the middle of your artwork should be 66 inches off the floor.

This is a great trick in condos and lower-level spaces that might only have standard height ceilings.

A new sink, faucet and trend-setting laminate countertop can take 10 years off the age of your kitchen. A chrome restaurant-inspired faucet and dark grey soapstone/concrete coloured counters are always good choices in urban spaces.

Don't invest in having a kitchen renovated for resale; offer the cost of a kitchen reno to reflect in the selling price and let the new homeowner customize the kitchen of their dreams.

Choose the largest closet and pimp it out. A front hall or main bedroom closet fitted with dark wood shelving inserts and fancy rods will always impress a potential buyer.

Install a battery-operated motion light inside the closet. Not only will your closet impress a potential buyer but it will make the closet feel organized and bright.

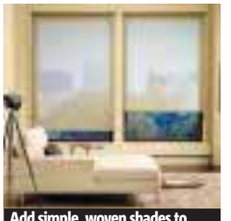
Don't leave a boot tray or a Remove Shoes sign at the front door. Once a potential buyer enters they should feel as if they already own it.

Placing personal messages and signs around make the buyer feel that you still have a presence in the space.

One trendy countertop appliance can set the tone for a fabulous lifestyle to potential buyers. Nespresso's Maestria Creama C Five Hundred Crema, $550, thebay.com.

Brighten up a dark closet interior or kitchen counter with an LED stick-up motion light. Sylvania Dot It Golden Dragon Motion Light, $15, homedepot.ca.

A modern faucet teamed with a trend-setting laminate counter top are inexpensive ways to update a kitchen. Ikea's Budskar Kitchen Faucet, $149, ikea.ca.



Add simple, woven shades to offer privacy or help diffuse an undesirable view without sacrificing natural light. Alustra Screen Shades, hunterdouglas.ca.

A complete meal contained in one hearty bowl of soup

Meatball and Pasta Soup

This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is a great soup for the family. It's a complete meal in a bowl. Try using ground chicken, turkey or pork instead of beef. Remember to add an extra tablespoon of bread crumbs if you're using chicken or turkey.

1. Meatballs: combine ground beef, bread crumbs, barbecue sauce, egg, garlic, basil and 2 tbsp of the Parmesan cheese. Form into 1-inch meatballs (you should have enough for about 24 meatballs). Lightly coat nonstick skillet with cooking spray and set over medium heat. Cook the meatballs for about 5 minutes, turning occasionally or until they are browned on all sides. Set aside.

2. To make the soup, lightly coat a large, nonstick pot with cooking spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 5 minutes or until just softened and browned. Stir in the green pepper and carrots and cook for 3 minutes. Stir in the stock, tomato sauce, tomato paste, chili powder and browned meatballs. Bring to a boil, and then reduce the heat to low and simmer, covered, for 15 minutes.

3. Stir in the pasta and simmer for 5 minutes or until the pasta is tender. Serve the soup in bowls, and garnish with remaining 1/4 cup Parmesan cheese. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

Meatballs
- 6 oz lean ground beef
- 3 tbsp seasoned dry bread crumbs
- 2 tbsp barbecue sauce
- 1 egg
- 1 tsp finely chopped garlic
- 1/2 tsp dried basil
- 2 tbsp Parmesan cheese

Soup
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 1/2 tsp finely chopped garlic
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped carrots
- 3 1/2 cups beef (or chicken) stock
- 2 cups tomato pasta sauce
- 2 tbsp tomato paste
- 1 tsp chili powder
- 1 cup egg noodle pasta
- 1/4 cup grated Parmesan cheese

For your phone

Relish Soups, Stews & Chilis Recipe Collection (iPad; $1.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Feeling frozen? A hot bowl is a good remedy. Relish Magazine's collection of soups, stews and chilis nourishes all tastes. Imagine Apple Cider Stew, Wild Rice Chowder or Heirloom Bean Chili.

All the noodle and none of those pesky carbs and fat

This chicken noodle soup recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

The conventional wisdom of cutting carbs and calories generally has meant that pasta is a no-go.

But recently, a new noodle has challenged that thinking, giving dieters a fresh — albeit slightly different — way to have their pasta.

Shirataki noodles have attracted the attention of so many dieters of late. Their appeal? No carbs, no fat and almost no calories.

These slightly chewy noodles are made from a water-soluble fibre that comes from a type of sweet potato. Though they once were found only in Asian markets, they have begun showing up in most large supermarkets.

1. In Dutch oven over medium heat, bring broth to boil. Add carrots, celery, ginger and garlic. Cook, uncovered, until veggies are tender, 8 minutes.

2. Add shirataki and chicken. Simmer until noodles are just hot, 3 minutes. Stir in dill and lemon juice. Season with salt and pepper. **THE ASSOCIATED PRESS**

Ingredients

- 10 cups reduced-sodium chicken broth
- 2 cups shredded carrots
- 1 large stalk celery, coarsely chopped
- 3 tbsp minced fresh ginger
- 2 tbsp minced garlic
- Three 8-oz packages fettucine-style shirataki noodles, drained and well rinsed
- 4 cups shredded cooked skinless chicken breast
- 3 tbsp chopped fresh dill
- 1 tbsp lemon juice
- Salt and ground black pepper

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Lunch. Speedy Minestrone

Pasta sauces aren't just for topping noodles. They can also be used as a base for great tasting and hearty Minestrone.

The sauce adds delicious chunks of vegetables without increasing preparation time.

Simply adding vegetable broth, noodles and navy beans makes for a warming meal. It's also the perfect lunch.

1. In medium saucepan combine pasta sauce, broth, noodles and beans.

2. Bring to boil then reduce to simmer for 8-10 minutes or until noodles are soft, stirring occasionally.

3. Ladle soup into bowls and garnish with 1/4 cup (50 ml) chopped arugula. **NEWS CANADA/ FACEBOOK.COM/HEALTHYCHOICECANADA**

Ingredients

4 portions
Start to finish: 13 minutes

- 1 1/2 cups (375 ml) Healthy Choice Italian Style Vegetables pasta sauce
- 1 1/2 cups (375 ml) no sodium vegetable broth
- 1/4 cup (50 ml) whole grain rotini noodles
- 1/4 cup (50 ml) low sodium cooked navy beans or kidney beans, rinsed
- 1 cup (250 ml) finely chopped parsley, baby arugula or spinach, to garnish

NHL

Canucks lose Kesler to foot injury

Ryan Kesler's return to the Vancouver Canucks lineup lasted just seven games.

The Canucks announced Wednesday that their second-line centre has a broken right foot and could be sidelined for up to six weeks. Canucks coach Alain Vigneault told reporters the fracture showed up on a CT scan Wednesday morning.

Vigneault did not say exactly when the injury occurred, but indicated that Kesler may have played with it before the results of the CT scan revealed the fracture. THE CANADIAN PRESS

World Baseball Classic

Canada names its starting pitchers

Canada has named its three starting pitchers for the first round of the World Baseball Classic (WBC).

Baseball Canada's Greg Hamilton says Chris Leroux, Shawn Hill and Scott Mathieson will take the mound next week against Italy, Mexico and the United States.

Canada, which opens the WBC against Italy on March 8 in Arizona, before facing Mexico on March 9 and the United States on March 10, has yet to decide which teams the starters will pitch against. THE CANADIAN PRESS

Pittsburgh Pirates relief pitcher Chris Leroux THE CANADIAN PRESS

Kevin Martin celebrates winning the gold medal in men's curling at the Winter Olympics in Vancouver on Feb. 27, 2010. The Edmonton skip has his sights set on winning the Brier in his hometown. TORSTAR NEWS SERVICE FILE

Passion still burns in seasoned skip

Curling. Four-time Brier champ Martin looks to win Canadian title in his hometown

Kevin Martin has won everything there is to win in curling, several times over in some cases.

The 46-year-old skip from Edmonton has Olympic gold and silver medals, four Canadian championships and a world championship on his resumé, plus 17 Grand Slam victories on the World Curling Tour.

So what drives him in the sport now?

"I still really enjoy a good tough game, win or lose," Martin said. "It's tough in games that don't mean a lot, but the big ones ... those are the games that are fun for me still.

"As long as I really enjoy it, deep down really can't wait to play, I'll play. Once you don't feel like that, your days are done. I haven't got that yet."

The 2013 Tim Hortons Brier opens Saturday at Rexall Place. Martin's team out of Edmonton's Saville Centre represents the host province.

What's new for Martin is the opportunity to win a Canadian title in his hometown, having never played before at a Brier in Edmonton.

He did win the Olympic trials at Rexall Place in 2009 for the right to represent Canada at the 2010 Olympic Winter Games in Vancouver and Whistler.

Martin, third John Morris, second Marc Kennedy and lead Ben Hebert won gold in Vancouver. They'll be the darlings of this Brier as both the host team and the reigning Olympic champions.

Martin can also become the first skip to win five Canadian titles, surpassing Saskatchewan's Ernie Richardson and fellow Albertan Randy Ferbey at four.

Two of Martin's four previous Brier titles were won in Alberta, but both in Calgary.

"I think the Brier is going to be loud, a lot of fun and I think the crowd is going to be really into it," Martin said.

"It's Canada's biggest party if the Grey Cup's not. The two biggest parties in Canada are the Grey Cup and the Brier."

Alberta's Martin, defending champion Glenn Howard of Ontario and three-time winner Jeff Stoughton of Manitoba are the headliners of the 12-team field. THE CANADIAN PRESS

What's at stake?

The winner of the Brier final on March 10 represents Canada at the Ford Men's World Championship in Victoria from March 30 to April 7.

Jets hope success on road travels home

Evander Kane helped the Winnipeg Jets to a 4-1 record on their recent five-game road trip, which included a 4-3 win over the New York Rangers on Tuesday. AL BELLO/GETTY IMAGES FILE

It would be understandable if Winnipeg Jets coach Claude Noel was a bit leery about returning home.

After the Jets wrapped up their longest road trip of the season with a 4-1 mark, Noel has to prepare the team to try to end a four-game losing skid at home.

"For some reason, I don't know what it is, there's usually a letdown (after a long road trip). That's just the way it is," Noel said Wednesday as his players had the day off.

The Jets (9-9-1) are 3-5 at the MTS Centre this season and begin a two-game homestand Thursday night against New Jersey (10-5-4) and Saturday afternoon versus Washington.

The streak is the longest home drought since the franchise moved to Winnipeg from Atlanta before last season.

"There's a lot of support here that we want to do well and we want to prove to (fans) that we're a good team," Noel said.

"Sometimes you might fear over-trying (at home) and that's a little bit different, but I don't think we fear that."

Through their first eight games at home last season, the Jets held a 5-3 record as they were buoyed by their raucous home crowd. The Jets have sold out every game since the NHL returned to Manitoba's capital. THE CANADIAN PRESS

Hot hands

Andrew Ladd had three goals and two assists during the five-game road trip, while Evander Kane scored four goals and added two assists.

- On the season, Ladd has 10 goals and seven assists. Kane has nine goals and nine assists.

4 SPORTS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Both the good and the bad points of your personality will stand out in sharp relief today. There is no reason at all why you should disguise your true nature. Others only disapprove because they are jealous.

♉ Taurus
April 21 - May 21
Make a special effort to think before you act today, as you could easily go over the top in some way. Even the most cautious of bulls could say or do things that might damage their reputation, so be careful.

♊ Gemini
May 22 - June 21
Friends and colleagues will do the opposite of what you ask of them today. Now that you know that you know how to get 'round them, don't you? Ask them to do the complete reverse of what it is you want!

♋ Cancer
June 22 - July 23
However tough things may get over the next 24 hours, you must not compromise your principles or show signs of weakness. You may not be in a position of strength but you do possess formidable strength of character.

♌ Leo
July 24 - Aug. 23
If you have moments of self-doubt today don't just ignore them and plow ahead regardless. Listen to what your instincts are trying to tell you and, just this once, be a bit more cautious in your actions.

♍ Virgo
Aug. 24 - Sept. 23
There may be nothing you cannot do if you put your mind to it but it will pay you to be a bit more selective in your goals. Some things come naturally to you and those are the things you should focus on.

♎ Libra
Sept. 24 - Oct. 23
Yes, the truth hurts, but it will hurt even more if you try to avoid it. That applies especially to your career where some kind of setback is likely to annoy you. But what is it trying to teach you?

♏ Scorpio
Oct. 24 - Nov. 22
Your life has become far too complicated and you must find ways to simplify your everyday activities. Forget about all those big ideas swimming around inside your head — get serious about details.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be impulsive by nature but the planets warn if you overdo it between now and the weekend you will need to give yourself a lot of time to recover — time you cannot really afford to waste.

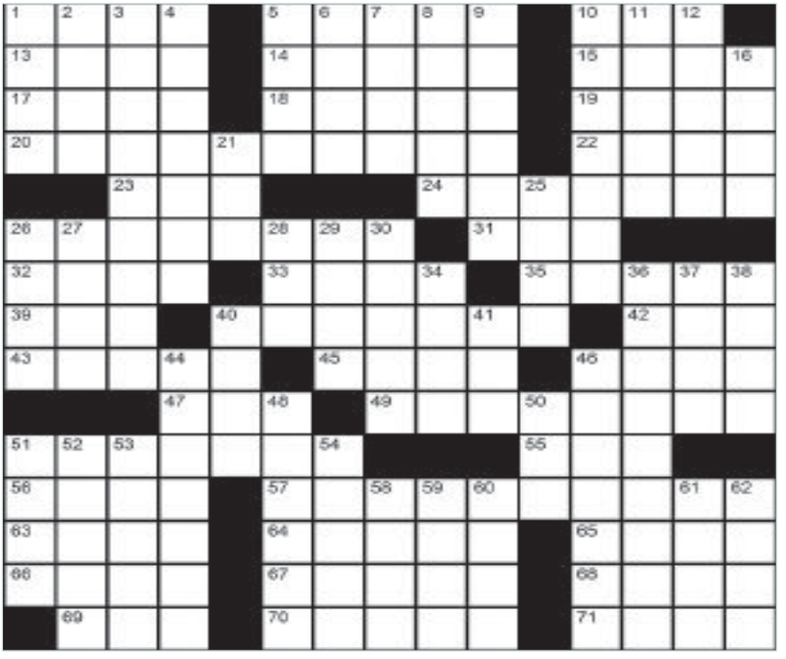
♑ Capricorn
Dec. 22 - Jan. 20
What you learn about other people is useful. What you learn about yourself is priceless. Something will happen today that gives you an insight into the way your subconscious works — an insight that leads to greater happiness.

♒ Aquarius
Jan. 21 - Feb. 19
Many things are changing and you may not be entirely happy about it. But deep down you know it's time to move on and if you can't make the move yourself fate will make it for you. Your move!

♓ Pisces
Feb. 20 - March 20
Venus, planet of personal love, links with Neptune, planet of universal love, in your sign today, making this the ideal time to reach out and change people's lives. Use your gift of compassion. SALLY BROMPTON

Crossword: Canada Across and Down

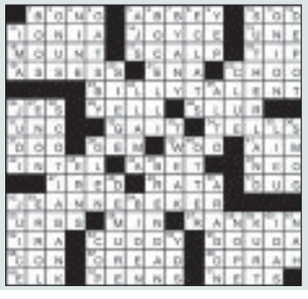
BY KELLY ANN BUCHANAN



Across
1. Lion's share
5. Belonging to Sweden's biggest band
10. New Zealand parrot
13. Sacred Buddhist peak
14. Hen's home
15. "This is __ _ big mistake!"
17. Cartooning, for short
18. __ Max ($50 million top prize draw)
19. Shakespearean word
20. Reality series now with a Canadian version on Slice: 2 wds.
22. __-and-haws
23. Bird's beak
24. Toronto's big airport
26. Boardroom events
31. Canada __ (Brand of ginger ale)
32. Kind of musical work
33. Macbeth's burial place
35. Cain's biblical son
39. Always, to a poet
40. Western province
42. Gladiator's 7
43. Bird beds
45. "__ la Douce" (1963)
46. Photog's originals, for short
47. _ _ _ Speedwagon
49. Colleen of "Anne of Green Gables"
51. "Wind __ My Wings" by Midler
55. And: German
56. __. donor (Unknown benefactor)
57. Assume control: 2 wds.
63. "Oops!... _ __ It Again" by Britney Spears
64. __ by the rules
65. Played-with-a-bow instrument
66. "How to __ a Guy in 10 Days" (2003)
67. Tricked
68. Eye part
69. Nourished
70. Make amends
71. Water bird

Down
1. Biblical land where Moses was buried
2. Prefix to 'potent' (All-powerful)
3. Canadian History: Land lords of New France
4. Donut-middle treats
5. Folkie Mr. Guthrie
6. Winter footwear, just one
7. The pair
8. Take _ __ (Move foreward)
9. Stashed
10. Movie director Ms. Bigelow
11. "The Princess Bride" (1987) star, Cary __
12. Texas landmark to 'remember', The __
16. Formal org.
21. Baseball stat.
25. Expanse
26. Big name in faucets
27. Sword sort
28. Goose egg
29. Desert in Asia
30. Ventriloquy puppet of classic TV, Mortimer __
34. Weapon: French
36. The 'O' of BTO
37. Slang-style smokes
38. School subj.
40. On the ocean
41. Shooting marble
44. Was a hot topic on Twitter
46. Canadian territory since 1999
48. Federal government's centre
50. "Er, what?"
51. Release-from-the-slammer money
52. Arnold Schwarzenegger movie, "__ Days" (1999): 2 wds.
53. Racket
54. Custom
58. Metric weight, for short
59. Biblical garden
60. Give up
61. Movie-__
62. Flair

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		7				5		
	9		1		7		6	
2	3						7	9
		3	4		2	7		
4								8
		1	6		9	4		
3	1						5	7
	7		9		5		1	
		8				2		

Yesterday's Sudoku

4	7	6	8	9	2	3	5	1
5	9	2	3	7	1	6	8	4
1	3	8	5	4	6	9	7	2
9	8	7	1	3	4	2	6	5
6	4	5	9	2	7	8	1	3
2	1	3	6	8	5	7	4	9
8	6	1	2	5	9	4	3	7
3	2	4	7	1	8	5	9	6
7	5	9	4	6	3	1	2	8

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